

DR. CHRISTIANE SCHROETER

Media Kit.

Signature keynotes, credibility, and everything event producers need.

From the **Fulbright Scholar**, TEDx speaker, and author of **Petite Practice®** whose framework helps leaders move with clarity, confidence, and conviction through moments of real change.

RECENTLY FEATURED IN

- **Newsweek** / Quoted Expert, 2026 (2x)
- **Business Insider** / Featured Essay, 2026
- **SheKnows** / Expert Source, 2026
- **HigherEdJobs** / Featured Expert, 2026
- **TEDx** / How Small Steps Create Big Change
- **Happy Healthy Hustle Podcast** / Host, Top 1% Globally
- **Innovation Women** / Featured Speaker
- **Medium** / Contributing Author
- **Women Thrive Magazine** / Contributing Author

01 / SIGNATURE KEYNOTES

Three Talks.

Available as a 45 to 60 minute keynote, 90-minute breakout, or half-day intensive. Every talk is customized to the audience and outcomes.

Small Steps, Big Momentum

Why Leaders Stall in Times of Change, and How to Move Anyway

THE TALK

The talk born from her TEDx stage, *How Small Steps Create Big Change*. Grounded in behavioral economics and 20+ years of teaching, this keynote uses the **Petite Practice®** framework to close the gap between knowing what to do and actually doing it. Dr. Christiane weaves peer-reviewed research, real leadership experience, and her signature storytelling into a talk that gives leaders a way to move through change without overload, checking out, or starting over.

YOUR AUDIENCE WILL

Understand the research behind small actions, why willpower fails, and how environment-based change compounds over time. They will leave with three concrete shifts they can implement before the day is over.

IDEAL FOR

Leadership summits, corporate offsites, association conferences, executive retreats, and any audience navigating organizational change.

Own the Room

How to Communicate with Confidence When the Stakes Are High

THE TALK

For corporate leaders and managers who need to speak up, push back, and lead high-stakes conversations without losing presence. This keynote moves beyond surface-level communication tips into the cognitive and behavioral patterns that build genuine executive presence, the kind that gets heard the first time.

YOUR AUDIENCE WILL

Walk away with a repeatable framework for high-stakes communication and the executive presence to be heard the first time, not the third, even in rooms where they previously felt invisible.

IDEAL FOR

Sales kick-offs, leadership development programs, manager training cohorts, and any audience whose performance depends on showing up clearly under pressure.

The Quiet Authority

Why the Loudest Woman in the Room Is Rarely the Most Powerful

THE TALK

For women in leadership ready to build influence the way it actually compounds: through clarity, consistency, and conviction. Drawing on Dr. Christiane's **H.O.M.E.** framework, this talk reframes what authority looks like when it's built to last, in a culture that often confuses presence with performance.

YOUR AUDIENCE WILL

Learn how to lead with presence instead of performance and walk away with a framework for building authority that compounds over time. The kind of leadership that lasts beyond one good year.

IDEAL FOR

Women's leadership summits, ERG events, women-in-tech conferences, executive women's circles, and any audience focused on women building sustainable influence.

The Receipts.

20+	10,000+	Top 1%	700+
YEARS TEACHING	PROFESSIONALS SUPPORTED	RANKED PODCAST	5-STAR REVIEWS

WHAT PRODUCERS SAY

“Christiane was exceptional. We chose her as our kick-off talk on a day with 13 speakers. Top-notch and incredibly well-prepared.”

Jen Oliver / Executive Producer, TEDx Folsom

“Joy. Impeccable storytelling. Goodness, wisdom, humor. That is Christiane.”

Kirsten Rudberg / Author, Podcaster, Screenwriter

“Like sitting in the middle of a motivational master class. Calm, grounded, but full of energy and truth. Her ability to turn fear into something functional is rare.”

Maurice Chism / Certified Business Coach

Logistics & Media.

AV & STAGE NEEDS

- Wireless lavalier or over-the-ear headset microphone
- Confidence monitor at the front of the stage
- Clicker for slide advancement
- Open stage preferred, no podium
- Tech check on site, 60 minutes before the program
- Slides delivered 7 to 10 days in advance

DOWNLOADABLE MEDIA

Headshots, speaker reel, one-sheet, and logos available at doctorchristiane.com/press-kit

TALK FORMATS

- **Keynote:** 45 to 60 minutes, customized to your audience
- **Breakout:** 90 minutes, interactive with audience exercises
- **Half-Day Intensive:** Deep-dive framework workshop with deliverables
- **Virtual:** All formats available via Zoom or your platform of choice

TRAVEL & BOOKING

- **Based in:** San Luis Obispo, California
- **Available:** Globally, in person and virtual
- **Lead time:** 60+ days preferred

Bring Dr. Christiane to Your Stage.

Tell me about your event. Replies within 2 business days.

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